

10 Myths of Mentoring { adapted from the teaching material of Dr. Wanda Walborn }

Mentoring another woman (or group of women!) can feel intimidating at first. “Can I do this?” might be a question that runs through your mind, or that you even express aloud. It is essential to start playing another track in your mind: “It’s not about me; it’s about the woman, and God, and what He is doing in her and for her.” In addition, dispelling some myths about what mentoring is and isn’t will be helpful in keeping focus as you mentor throughout the coming year.

MYTH #1: *The mentor is a sage.* (Add definition of a Sage)

To the contrary, a good mentor is **simply willing to be with** someone in the good, bad, ugly, indifferent, angry, shut-down, etc., place where she is.

MYTH #2: *The mentor is a counselor.*

To the contrary, a mentor **offers listening support as a friend** when the woman chooses to share her story.

MYTH #3: *The mentor is a teacher.*

To the contrary, a mentor **asks rather than tells**. At the first mentoring group meeting, mentors should ask the question, “What do you hope the Lord will do?” After all, the Empower teaching is great. The required reading is helpful. The writing assignments help a woman to process. But God is doing the work in her as she surrenders to the Holy Spirit’s leading in her life. (Philippians 2.13)

MYTH #4: *The mentor is always available.*

To the contrary, most of the time, the woman needs time and space to **be alone with God**. Mentors should encourage their women to actively make time to be alone with the Lord. (It is healthy for the mentor to communicate an appropriate boundary to make her group aware of when and how to reach her, if needed, throughout the month.)

MYTH #5: *The mentor has all the answers.*

To the contrary, a mentor **offers a place to process** so the woman can figure out for herself what the Lord is saying and/or showing her.

MYTH #6: *The mentor will give a woman everything she needs.*

To the contrary, a mentor points the woman **to wait upon Jesus** for what she needs.

MYTH #7: *The mentor will fix the woman.*

To the contrary, the mentor **relies on the Holy Spirit’s movement** in the woman’s life.

MYTH #8: *The mentor already knows what the issues are.*

To the contrary, the mentor **waits for the woman** to talk, divulge and be honest about what the Lord is stirring up in her. (And, when responding to the woman, the mentor is careful and thoughtful about her own attitude and tone of voice.)

MYTH #9: *The mentor is always right.*

To the contrary, **we are all human**, and sometimes, a mentor might use the wrong approach. When this happens, a good mentor humbles herself and apologizes.

MYTH #10: *The mentoring relationship lasts forever.*

To the contrary, **healthy mentoring relationships have seasons**-- appropriate beginnings and ends.

*The Sovereign Lord has given me a well-instructed tongue
to know the word that sustains the weary.
He wakens me morning by morning,
wakens my ear to listen like one being instructed.
The Sovereign Lord has opened my ears; I have not been rebellious.
I have not turned away.*

(Isaiah 50:4-5)